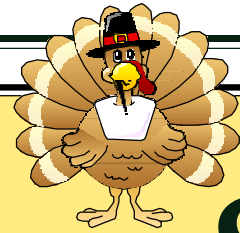


MEALS

ON

WHEELS

fall 2001



The MEAL TIMES

To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.



HEAR YE, HEAR YE...

We Are Delivering on Christmas Day!!!

Thanks to the efforts of our grant writer, John Sinsky, and receiving a "Thought For Food" grant allowing Meals on Wheels the opportunity to deliver a hot meal to our participants who stay home alone on Christmas Day.

The Meals on Wheels Program of Ada County will be combining efforts with Mary Lou Weiner, Meals Program Coordinator, Housing & Community Development for the City of Boise for this memorable holiday meal.

The menu for the holiday meal will be: Roast Beef, Potatoes and Gravy, a Vegetable, Cranberry Cobbler, Roll and Milk.

If you are interested in volunteering to deliver a Christmas Meal, the meal will be available for pick-up beginning at 1:00 p.m. at 1025 South Capitol Boulevard. Please help us provide a proper holiday greeting, cheer and encouragement to our seniors, by calling **327-7460** to volunteer.

Recipient Spotlight . . .

Helen Wright

Helen Wright was born on February 10, 1918 in Meridian, Idaho. She attended schools in Idaho and along the Oregon Coast but graduated from Boise High School in 1935. Helen trained at St. Luke's Hospital to become an R.N. During her 41 year career, she worked for the Veteran's Hospital in Indiana and Washington State, as an industrial nurse for the Boeing Company during the war in Seattle and in several doctor's offices.

Helen was married for 39 years to husband, Larry, who worked in the construction business and was responsible for personnel.

Traveling was something Helen enjoyed doing and has visited England, Scotland, Portugal, Spain and Mexico. She also lived in Canada, both in New Brunswick and Vancouver B.C.

Helen was aware of Meals on Wheels because her parents used to receive them. Her favorite meals are: Sloppy Joe's and the Chicken Salad.



extra, extra, read all about it !!!

Board of Directors

Ms. Renee Bergquist,
*Finance,
Albertson's, Inc.*

Mr. Mike Fritz,
*Manager, Training & Development,
Idaho Power*

Ms. Janice Fulkerson,
*Regence Blueshield of Idaho
1211 W. Myrtle • Suite 110 • Boise, ID 83702*

Mr. Bill Harrigfeld,
*Attorney,
Private Practice*

Ms. Gina Knudson,
*Owner, Knudson-Wilhite and Associates
60 E. 23 N. • Mountain Home, ID 83647*

Ms. Anneliese Olson,
*Market Research Manager,
Hewlett-Packard Company*

Mr. Joe Pellegrini,
*V.P., Dealer Commercial Services
U.S. Bank*

Ms. Kathy Quinlin,
*Benefits Coordinator,
Micron Technology, Inc.*

Ms. Chris Thomas,
Writer in Private Practice

The MEAL TIMES

Published by: Meals On Wheels
707 N. Armstrong Pl., Boise, ID 83704
(208) 327-8505

Angela Spain, Supervisor
Health Services for Seniors
Colleen Fiero, Newsletter Editor
Lance Corpus, Designer

Message From The Supervisor . . .



Angela Spain

In an era when some people have become skeptical about how well federal programs work, the nutrition program that serves more than 200 million meals a year to elderly, isolated, impaired or needy Americans has received highly favorable ratings. This evaluation represents the first significant study of the nation's largest community nutrition program since the late 70's and the four key findings are impressive:

#1. The Older Americans Act senior nutrition program serves highly vulnerable seniors. Between 80-90% of program participants have incomes below 200% of the poverty level. This is twice the rate of the overall elderly population.

#2. The program is an important component in the larger network of home and community based care. For many, the availability of a home-delivered meal is crucial to their ability to function largely on their own.

#3. The meals provided approximately 40-50% of the participants' daily intake of most key nutrients.

#4. The program offers a national model for successfully utilizing and leveraging federal funds. Typically \$1.00 of Older Americans Act nutrition appropriations spent on meals leverages between \$1.70 and \$3.35 in additional revenue and despite participants' low income levels, voluntary personal contributions by the recipient accounts for 20% of meal costs.

It makes me proud to know that these national findings are in line with the senior nutrition program provided in our local area as well!

From The Heart. . .

"Thank you for remembering my birthday with the pretty pink carnation and card. - Sincerely, P.

"You really helped me when I had my stroke and I really appreciate your meals" - B.

"Just wanted to let you know how much we appreciate the people who deliver our meals. They are all so friendly! Thanks also to Cheryl, Donna, June and the rest."

Sincerely, R.

"The big servings are generous and always very good. I am so pleased with them."

Is It A Cold Or The Flu?

Very few of us are lucky enough to make it through the winter without catching a cold or the flu.

The **flu** is caused by three different types of viruses. These viruses appear every fall as the weather gets colder and last until spring. The flu is spread through particles that are coughed or sneezed into the air. If the germ takes hold, symptoms develop within 48 hours.

The **common cold** is caused by more than 200 known cold viruses, that's why it's so easy to catch a cold. Cold viruses are also spread via the air. You can catch a cold by rubbing your eyes or nose after coming in contact with someone who has a cold or by touching something that person has just held.

Wash hands frequently and keep them away from your face. Avoid sharing telephones, cups or pencils with another person who is sick with a cold.

If you do get a **cold** or the **flu**, let it run its course. Drink plenty of fluids, and get plenty of rest. If you have a fever, take acetaminophen. To help control a runny nose or nasal congestion, try an antihistamine or decongestant. Check with your healthcare provider if you have the following symptoms for more than a week:

- Nasal congestion and discharge of yellow, thick mucus
- Cough
- Sore throat
- Fever
- Facial pain

Central District Health Department,
707 N Armstrong Place, Boise
will be providing influenza vaccinations beginning
the last week in October or the first week in November
(when the vaccine arrives) from 10:00 a.m. to 2:00 p.m. daily.
Call **327-7450** for more information.



* * * Memorial & Honorarium Gifts * * *

In Memory of:

"Their Parents"

Received donation from Marvin & Doris Haworth

Burck H. Smith

Received donation from Carla Smith

Roy Kent

Received donation from Kristin McKie

The
MEAL TIMES

Thank You Friends...

Monetary Donations:

Alchem Laboratories • Peggy Bennett • Mary Boren • Steve & Anne Brown • W.L. & Stephanie J. Burgess • Orville Cale • Bruce & Roberta Cleveland • John & Kathryn Combs • Dorothy M. Creswell • Lillian Davis & Joan Strawn • Marjorie J. Ewing • T.J. Fleming • Engelina Galloway • Helen Grange • Jim Hafer, KGEM Radio • Robert Halliday, The Halliday Foundation • Fred & Betty Hill • Verlene Kaiser • Ruby Malatchi • Clyde & Shirley McLain • Kathleen Messinger • Albert & Geraldine Nies • Jean C. O'Connor, Farm Management, Inc. • Molly Painter • Mike & Bonnie Phipps • Edward Rice • Elaine Schmoeger • Kenneth G. Sherman, II • Edith Simmerman • Owen Sproat • Jim & Stacey Stewart • Robert W. Smith • Paul & Eleanor Tate • Kevin & Elaine Troutt, First Choice Auto Glass.com • Margaret Ward • James Weiser • Richard Wolfe • Helen P. Wright

Thanks to the Meals on Wheels Association of America for awarding our program \$1,000 to fund our "Thought for Food" Christmas Day Meal project. We can now provide hot, Christmas meals for seniors who would otherwise not have a holiday meal.

Thanks to the Laura Moore Cunningham Foundation, Inc., for awarding a \$10,000 grant to Meals on Wheels to procure two new Cleveland 21-CET-8 Pressureless 2-pan Convection Steamers for the Boise and Eagle Senior Center kitchens. The steamers will enable our kitchen staff to prepare vegetables that are tasty & nutritious.

Thanks to the James & Barbara Cimino Foundation for their generous donation of \$1,800 to procure a water conditioner needed to accompany our new 5-pan convection steamer.

Thanks to Sears Credit Central employees for raising \$856.00 to benefit Meals on Wheels at their Employee Picnic Fund-raiser. Thank you for your support!

Thank you to the Idaho Power Employee Community Service Fund for their donation of \$375.00, and thanks to the Idaho Power Company for their matching gifts program awarding Meals on Wheels an additional \$375.00 for a total donation of \$750.00!

Thank you to the Weyerhaeuser Company Foundation and the Making Waves Volunteers for their generous donation of \$1,000.

The
MEAL TIMES



A BIG Thank you to the many sponsors and donors of the golf tournament who helped raise \$6,000 for Meals On Wheels

ABC Stamp Company • Boise Blue Art Supply • Kathy Machan • Pioneer Title Company of Ada County • Regence BlueShield of Idaho • Treasure Valley Coffee, Inc. • Nabisco • Winco • ATS Wheelchair & Medical • Boise Towne Square Mall • Bruneel Tire Factory • Schuck's • GNC General Nutrition Center • Intermountain Outdoor Sports • Buck's Bags • Roaring Springs • Shari's Restaurant • Flicks Movie Theatres • DIRECTV • Office Depot • Las Vegas Discount Golf • Micron Technology • Intermountain Gas Company • MedNow • Dairy Queen of Idaho • Mister Wash • Les Bois Park • Star Mercantile, Co. • Beverage West • Elkhorn Resort in Sun Valley • Swire Coca Cola, Meridian • Eddy's • BFI Waste Materials • Amici's • Warm Springs Golf Course • Chris Thomas Company • Nelson's R.V.'s Inc. • Salmon River Motors • Paul's Market • Southwest Airlines • King & Queen of Harts Inc. • Larry & Joyce Nelson • D.L. Evans Bank • NuVo Hair Design • Centennial Golf Course • Falcon Crest Golf Course • Moxie Java • Mitzi Aden • Joe Pellegrini • Nexus Solutions Group • Outback Steakhouse • Coors Inc. • U.S. Bank • Shadows Embroidery & Screen Printing, Inc. • Ray Sorensen's Golf & Recreation Club • David Parker at Divotz: Boise Ranch, Cherry Lane, Ontario Golf Club • Renee Bergquist • Boise Hardware, Inc. • Idaho Car Rental, Inc. • Wrigley's

THANK YOU

VOLUNTEER SPOTLIGHT

Dick Drury

Dick Drury was born in Topeka, Kansas and moved to Boise in 1961. He was a Purchasing Manager for Nashua Homes, then a Purchasing V.P. for Guerdon Industries, Western Division, and an administrator for the State Division of Purchasing.



Dick's second career and hobby is cooking. He is a certified amateur chef and cooked at a group home for a period of time.

Dick has two sons, two daughters and two grandchildren in Boise. He also has a daughter in Hillsboro, Oregon with two children. Dick has a cat "Mr. Buddy".

Volunteering is Dick's passion. Not only does he volunteer for Meals on Wheels, but also spends many hours at the Meridian Medical Center as a transportation volunteer and assists at the information desk.

What Dick enjoys most about delivering meals... "are the people". Thanks Dick for all your help and for returning to the Meals on Wheels Program!

Holiday Happenings

- * November 12 - Veteran's Day
- * November 22 & 23 - Thanksgiving
- * December 14 - All Staff Meeting
- * December 24 - Christmas Eve
- * January 1 - New Year's Day
- * **No Meal Delivery**



trim out and mail to: Meals On Wheels, 707 N. Armstrong Pl., Boise, ID 83704

Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

Memorials are made in memory of a deceased loved one. There is nothing more precious than the memory of a loved one, expressed in a tangible way, especially when the monetary gift provides life sustaining sustenance for someone in need. Each is gratefully acknowledged to the family. When making honorariums and memorials, please make sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Colleen, Volunteer Coordinator at 327-8505.

Honor & Remember

The enclosed gift is

- ☐ In honor of:
☐ In memory of:



Please remit to:
Meals on Wheels
707 N. Armstrong Pl.
Boise, ID 83704
(208) 327-8505

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

Please send acknowledgement letter to:

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

This gift is made by:

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

The MEAL TIMES



Meals on Wheels
707 N. Armstrong Pl.
Boise, ID 83704

Much More Than A Meal!